BAR HILL NEWS

December 2017; Issue 588

— REMEMBRANCE DAY IN BAR HILL —

The service in the church was reverent and very moving. The sentiment expressed on a banner made by the children that each poppy represents someone's son, brother, relative or friend who did not return home after serving their country – and not a glorification of war as some maintain – was, to me, the theme running through the whole service.

Outstanding was the participation of the many children in the village's uniformed organisations. They were credit to the village and helped to make it a true community event.

It was a pity that few parish councillors and my fellow members of the Residents' Association's committee were present. In future, perhaps, they would consider attending this event as active members of the village community.

Even if they are non-churchgoers, they should remember those who gave their lives for them to enjoy this privilege.

Jo Hall, 11 Almond Grove.

BUS SERVICE 1A BETWEEN BAR HILL AND ST IVES

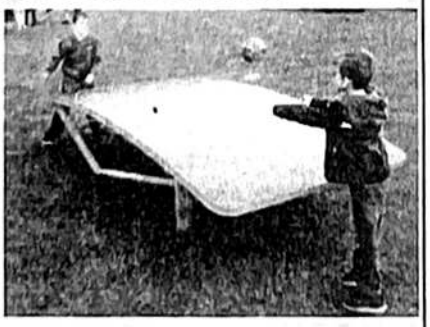
Dews Coaches run a weekday bus service, no. 1A, between Bar Hill and St Ives. There are stops in Fenstanton.

This service is subsidised by Cambridgeshire County Council until next summer, and to keep it running we need to support it. Older persons' bus passes are accepted.

The timetable is as follows:

- Departures from bus stop near Tesco at 07.52, 09.43, 10.43, 11.43, 12.43, 13.43, 15.43 and 17.03.
- Return from St Ives bus station at 09.18, 10.18, 11.18, 12.18, 13.18, 15.18 and 16.18.

— COLLECT YOUR TOKENS —



We are thrilled that Tesco has selected our request for the Bags for Life funding to help with the purchase of a Teqtable to add to the new facilities on the Village Green. Please support the village by donating your tokens to the Bar Hill project when you shop in Tesco over the coming weeks.

JOB AVAILABLE

Tom Lee Plastering is seeking a labourer to join the growing business.

Looking for someone who is reliable and hardworking.

Experience is not necessary as all training and tools will be provided.

Please email for further information:
tomleeplastering@live.co.uk

PTA

POP QUIZ

27th January 7.15pm for 7.30 start.

Fully licenced bar but feel free to bring nut free snacks.

£5 per person to enter. max 8 per team.

including a 50/50 raffle.

Please contact Emily or the school office for a booking form. em.spenceley@hotmail.co.uk

— SELF-HELP THIS WINTER —

What to do if you have a cough or cold

- Stay at home and get plenty of rest.
- Drink plenty of fluids but avoid alcohol as this can make symptoms feel worse.
- Eat a healthy low-fat, high-fibre diet.
- Try steam inhalation to loosen mucus and soothe your nose and throat.
- Salt water gargles can also help; add two teaspoons of salt to a pint of warm water. Gargle, spit out and repeat.
- Speak to your local pharmacist about over-the-counter remedies like decongestants or paracetamol or aspirin for pain relief.
- To avoid spreading infection, cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue quickly afterwards.
- Clean hands regularly and thoroughly to avoid spreading or picking up any infections.

Fever in Children

When to seek urgent medical advice: Contact your GP or health visitor urgently if your child:

- is under three months old and has a temperature of 38°C (100.4°F) or above;
- is between three and six months old and has a temperature of 39°C (102.2°F) or above.

You should also see your GP if your child has other signs of being unwell, such as persistent vomiting, refusal to feed, floppiness or drowsiness.

Treating a fever: If your child has a fever, it's important to keep them hydrated by giving them plenty of cool water to drink. Babies should be given plenty of liquids, such as breast milk or formula. Even if your child isn't thirsty, try to get them to drink little and often to keep their fluid levels up.

If the environment is warm, you could help to your child to stay at a comfortable temperature by covering them with a lightweight sheet or opening a window. However, they should still be appropriately dressed for their surroundings and sponging your child with cool water is no longer recommended to reduce a fever.

— BAR HILL VILLAGE WEBSITE —

www.barhill.org.uk

If you wish to put an item on the website, get in touch with the webmaster by either following the links on the website, or e-mailing: barhill@machineconcepts.co.uk

Your Bar Hill News is also available, without advertising pages, about 10 days before the paper copy is delivered.

Please remember we DO NOT publish the Bar Hill News in January. Deadline for February's edition: 15th January to bhneditor@yahoo.com ***or see page 2 for other contacts.***

— BAR HILL RESIDENTS' ASSOCIATION —

2017–18 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Mike Nelson	01954 780772	6 Field View
Committee Members:	Jo Hall	01954 780304	11 Almond Grove
	Hilary Whipp		hilary.whipp1@gmail.com

BAR HILL NEWS:

Editor:	Jan Cundy		jan_cundy@yahoo.com
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The objectives of the association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance and recreation in and around the village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list.

To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm – 9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm – 6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell after the first time.] All items can be submitted electronically on disk or to bhneditor@yahoo.com *[a Word file is best, please]* or hard copy via Parish Council Office.

— THE MAPLE SURGERY —

Tel: **01954 780442**

www.mhmaple.co.uk

Out of Hours Emergencies — call **111**

(Cambridgeshire and Peterborough 111 Service)

Surgery Opening times:

Monday to Friday — 8am – 6.30pm

On the day appointments: bookable by phone at **8.30am**.

Midwife	Thursday	9.30am–12.30pm
Podiatrist	Wed. & Friday	8.45am–12 noon *and* 1.00–4.00pm
Orthoptist	2nd Tues/month	9.00am–12.30pm
Cambs Hearing Help	4th Tues/month	9.30–11.30am
Health Visitors *(based at Longstanton)*:		01954 207612
Well Child Clinics:	3rd Tues/month	1.00–2.30pm

at the Children's Centre, Bar Hill *(next to Primary School)*.

HAIR 2U

Professional Mobile Hairdressing covering Bar Hill.
Call Caroline: 07843 238718.

— WANTED —

Surplus cottons of any thickness, fabrics and pieces of material are required for creative design work by years five and six of Bar Hill school.

If you have any of these to spare, please deliver to Jo Hall, 11 Almond Grove.

— BAR HILL HEALTH WALKS —

Free every Wednesday morning

Meet at Maple Surgery at 10.30am

Our walks are all weather *(in case of rain you will find us under the Church porch)*, free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108;
E: jopowell45@hotmail.com or Patricia Daniels
T: 07917 874402; E: danielsoohn@btinternet.com.

HAVING PROBLEMS WITH COMPUTERS OR NEW TECHNOLOGY?

The solution is to *Learn IT* with *Laura*. Professional and personal support and training in your home.
T: 07889 261282; E: info@learnitwithlaura.co.uk
W: www.learnitwithlaura.co.uk

— NWR —
CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

14th Dec. Christmas time, research a carol or tradition (home or abroad), with mulled wine and mince pies

4 Jan. Animal, Vegetable or Mineral? Bring an unusual object or think of something, 10 questions from group with yes/no answers to guess what it is

18th Jan. Brazil, geography, climate, economics, history, people, food, festivals, religion etc..

1st Feb. Museums and galleries - research your favourite - are they important, who should fund them?

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £20 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Marie-Thérèse Last on 01954 780329 or Jackie Jackson on 01954 781613.
NWR can also be found on www.nwr.org.uk.
Why not have a look!

BAR HILL COMMUNITY CHRISTMAS MARKET

Saturday 2nd December
10.30am–2pm
In the **Church**
CB23 8EH

— Entry is Free —

All profits go to community/charity projects.
Soup & bread at lunchtime.
Refreshments with mince pies.

Handmade Crafts, Sweet Cart, Cakes and lots more.
If you wish to be part of the market please contact Karen Austen 01954 781085.
e-mail: bar.hill.community.market@gmail.com
Facebook: Bar Hill Community Market

— HEALTH AND WELLBEING CLUB —

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on aspects of promoting and maintaining good health in every area.
We start with a chair based exercise activity followed by advice from Tesco's departments.
This is a unique and friendly group and is an ideal place to meet new people.
Next meetings: **12th December & 9th January.**
For further information, contact Wendy Arrowsmith on 01954 781381.

— HAPPY HOURS —

Our Club meets most Mondays in the Octagon building of Bar Hill Church from 11am–3pm, with coffee, tea and light lunches.

Our Winter lunch time menu started in October and consists of soup and a roll (£1.50), baked potato with butter (at £1.50 each) or filled baked potatoes *(cheese, tuna mayo or baked beans)* or a ploughman's lunch (all at £2.30 each).

Our aim is to provide friendship and companionship so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

Coming up in December:

4th: Christmas sing-a-long and Christmas Arts & Crafts

11th: **Club members only, pre-booked** – Christmas dinner

There is no meeting on the 18th, 25th December or 1st January.
Happy Hours starts again on the 8th January, but arrangements are fluid at time of going to print.
2017 has been a wonderful year and may 2018 rival it. At this time of the year there is so much to be thankful for and so much to look forward to in the coming year.
Wishing you all a very merry Christmas and a Happy New Year!
Anne Plumb, 01954 780364

THE ROYAL BRITISH LEGION, — BAR HILL BRANCH —

We would like to thank all those who helped with year's Poppy collection.
We would also like to thank everyone who attended the Remembrance Parade and Service on Sunday 12th November, especially the Scout and Guide Organisations. The children where so respectful and their parents should be very proud of them. Many thanks to the Church for such a moving service.
The Royal British Legion Bar Hill Branch meets on the 4th Thursday of each month (next meeting: February) in The Community Room at Tesco at 7.30pm.
We are a small friendly group of like-minded people. To join you don't have to have an Armed Forces background, just share a common cause of supporting our Service community, now and for the rest of their lives.
If you are interested in coming along, please contact Wendy Arrowsmith, Branch Secretary, on 01954 781381 or Malcolm Cox, Chairman, on 01954 488657.
** PLEASE NOTE NEW MEETING VENUE **

— 8 O'CLOCK CLUB —

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.
We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our meetings for the new school year are as follows:–
7 December Christmas meal, members only.
If you'd like further information please phone Barbara on 01954 204171, Adela on 01954 204265, Ann on 01954 204687, or come along to one of our meetings.
We'd be very pleased to meet you.

— LETTERS —

Dear Editor
Gail and Richard will be having a **Christmas Garden Display** at **12 Appletrees**, raising funds for the **Cardiac Unit, Addenbrook's Hospital**, from **5th December** to **3rd January**. Please come along and support this worthwhile cause.
Hope to see you here.
Thank you
Gail and Richard

Dear Editor
I asked Cambridgeshire County Council for an explanation regarding the problems experienced by us all on the weekend 20th October until the removal of the traffic lights, we all know what happens when Bar Hill has them put up!
This is their response:
Cambridge Water were diverting their existing main for the A14 Scheme. Representatives of the County Council met with CW before the works were planned and agreed that they could carry out trial holes to initially locate their main, with further discussions to be planned regarding the actual works.
CW should have erected advance warning signs and informed Tesco, the business park, Local Councillors and the Parish and were asked to do so, but failed to do this. CCC were informed that the trial holes were only likely to take place for a couple of days and would also be at the kerb line. Unfortunately, the contractors completed the trial holes but also excavated a 40 metre trench which had not been agreed, taking out half of the roundabout so all traffic was having to navigate around the Tesco side.
They had been requested to contact the District's Environmental Health to get approval to work over the weekend, which they complied with. CCC had asked Stagecoach when the least impactive time to the Bus Services would be and were advised that the weekend of 21st October would be best.
CW has carried out a lessons learned exercise that they will share with CCC and has acknowledged that there had been a number of failures including failing to comply with the agreements made at the meeting. They have sincerely apologised for this, their failure to communicate with our residents and stakeholders and the severe impact that the works had on Bar Hill businesses and residents. We did inform the Parish and Councillor Harford of the upcoming trial holes in September and this was repeated in IHMC's communication regarding forthcoming roadworks. However, we only alerted to the fact that they were carrying out trial holes under 3-way traffic lights, because that is all that had been agreed to at that stage. **End**
Please visit www.barhill.org.uk for constant updates of work related to the A14 upgrade.
Best wishes, ***Cllr Bunty Waters***

Dear Editor
We would like to thank all those that attended our **Halloween Display**, helping us to raise **£184.21** for **Bar Hill Primary School.**
Lots of fun had by all.
Thank you
Gail and Richard

Dear Editor
Can you please explain why the Barhill.org website is advertised on the front page of October BHN as the place to find the latest information on Northstowe, Toplands and the environment of Bar Hill along with any other matters that effect our village; however, if residents, like myself who actually looked at the website, would find that there is NO information on Northstowe or Toplands and as for the keeping up to date with other village matters I'm afraid that, at the time of writing this letter (November 2017) the minutes of the Parish Council Meetings are 6 months out-of-date and the minutes of the Residents Meetings are 8 months behind. I for one would like to know what our Parish Councillors have discussed and agreed for us over the last 8 months, not that we residents can do anything about any actions that have been taken. I'm aware that you'll say that residents can view some of the meeting minutes at the Parish Council Office, but even these are at least 3 months behind. So, Parish Council, what is going on?
G Caswell, Field View

Reply from Parish Council:
Dear Editor
The Parish Council is grateful for the letter from Mr Caswell regarding the barhill.org website, advising that the information has not been updated. This website is not an official Parish Council one and is privately owned. However, the PC is pleased to advise that their dedicated website is under construction and will have all the agendas and minutes from their meetings uploaded there when finished. Information regarding Northstowe can be found on the South Cambs website.
In the meantime, copies of all minutes can be requested from the Parish Clerk.
Bunty Waters, Chair, Bar Hill Parish Council

— NEIGHBOURHOOD WATCH —

10 WAYS TO MAKE A CRIMINAL VERY HAPPY THIS CHRISTMAS:

☺ leave your handbag in the shopping trolley while you turn to the shelves;
☺ shop online without checking sites for security measures;
☺ leave your Christmas shopping on view in the car while you go to another shop;
☺ carry a bulging wallet in a loose pocket;
☺ leave your house in darkness when you are out in the evening;
or
☺ only leave a hall light on (who lives in the hall?);
☺ pile presents round your tree in full view of the front window;
☺ stock up your freezer in an unlocked garage;
☺ leave the engine running to warm up your car while you go back in the house;
☺ pile packaging by the wheelie bin to advertise the wonderful presents you received.

Remember – for the criminal it only takes a moment;
for you, the effect lingers a long time.

Wishing you all a safe and happy Christmas and New Year,
Pam Vendy, Village Co-ordinator

— BAR HILL PARISH COUNCIL —

Sue Bell, Parish Clerk: 01954 780456
e-mail: bhillpc-1@btconnect.com.
Please note that the office is open to residents between **9am–11am Monday, Tuesday and Wednesday.**

Visit our website: www.barhill.org.uk for updates.

On behalf of the Parish Council, I wish all the residents of Bar Hill a Happy Christmas and Happy and Prosperous New Year. We also extend our appreciation and thanks to all those who have helped throughout the year.
Bunty Waters, Chair Bar Hill Parish Council

Roadworks at Saxon Way – Tesco Roundabout – the Parish Council very much regrets what happened when contractors came in to undertake Water works in connection with the A14 upgrade. The Chair, Vice-Chair and Clerk met representatives from Cambridge Water's contractors and Cambridgeshire County Council and we have requested that in future advance notice is given of when there is going to be upheaval.

Up-dates on the **A14 improvement scheme** may be obtained from https://www.gov.uk/government/organisations/highways-england including road closures.

Works on the **Hollytrees Stream/Dam Brook** has been delayed. Further information on start dates will be published on the Council's noticeboard.

Litter bins sometimes do not get emptied on a Friday. We do contact South Cambs District Council and they do come out as soon as possible.

Residents are asked to check and cut back any of their **vegetation** which is growing over the paths.

Over the winter months the **Parish Council Office normal opening hours** will be:
Monday 10.00am to 12noon; Tuesday 10.00am to 12 noon; Wednesday 10.00am to 12noon (except first Wednesday in the month).

The next **Parish Council meeting** will be on **21st December 2017 at 7pm** in the Parish Council Office. Minutes are posted up in the Parish Council window. Items for the agenda must be placed with the Clerk at least 7 days before the meeting.

Visit the **village website**: www.barhill.org.uk for up-dates on local matters including progress of the A14.

Handy telephone numbers/contact details

Cambridgeshire County Council – damaged paths and roads: **01223 717111**; https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults.

Streetlight maintenance: 0800 7838 247; http://www.lightingcambridgeshire.com/contact-us/report-fault.htm or enquiries@lightingcambridgeshire.com. You will need to give the number on the lamp post.

Cambridge Water Co: 0800 316 7676, http://www.cambridge-water.co.uk.

Anglian Water – sewerage: 0800 145 145.

ANDY PURVIS — MAD ABOUT MUSIC

Specialising in rare CDs, LPs and music memorabilia. Collections bought and sold, good prices offered. T: 07798 642861;
E: andy.purvis9@btinternet.com
W: facebook.com/madaboutmusic – stores.ebay.co.uk/cddirect

— TESCO COMMUNITY CHAMPION —

I can't believe this is the last edition of 2017 it seems to have come around so quickly! As I'm writing this the store is all set for Christmas, with a gift for everyone and all the seasonal trimmings needed for a fabulous time.

Beginning of November saw us out and about Litter Picking in Community, the intention is to have a big litter pick in the spring – I know Bar Hill Primary school are keen to get involved. Obviously between now and then we will be seen round and about closer to store.

What a year! We can't thank our customers enough for their generosity to date we have collected:

Royal British legion Poppy Appeal: £10,555.33.

Tesco's Charity Partnership Diabetes UK and British Heart Foundation: £5,719.96 so far, total still on going with our Christmas Fundraiser on 8th and 9th December.

Addenbrookes Dementia wards: £1,663.31 for reminiscence therapy. Since 2015 a total of £11,408.90 has been raised for the hospital.

We couldn't have done any of this without you.

Our store has also seen nearly 850 children being involved in the farm to fork initiative, you may have seen the little ones wearing their yellow tabards whilst on trails through the shop.

We're very excited after the success of last year to be running our 'Little Box' appeal again this year. We are asking for donations of items such as small gifts, toiletries, sweets, chocolates, warm clothing: hats/gloves/scarves/socks, puzzle books these will be packed into wrapped shoe boxes as presents for those who may not otherwise get a Christmas gift. We are working with Jimmys and Cambridge Food Bank along with our local Elderly. The collection point can be found at the front of the store.

We are also making up Christmas chocolate hampers as raffle prizes for numerous local groups and schools if your organisation would like one please contact me on the email address below.

For more information and photos of the above events please have a look at our Facebook page 'Community at Bar Hill Tesco'

So from all the staff at Tesco Bar Hill we wish you all a MERRY CHRISTMAS AND HAPPY NEW YEAR! Please feel free to pop into the community room for a complimentary hot drink and mince pie/Christmas cake Wed 13th Dec. 1–3pm.

Karen Taylor, Community Champion: barhill.communitychampion@gmail.com for donations, or a helping hand if your group needs one.

For enquiries about the community room please email: barhillcommunityspace@gmail.com

Andrew Bailey is on hand to enhance your shopping experience, along with assisted shops when needed: 07858 404103.

PLAYPALS BABY AND TODDLER GROUP

Meet Wednesdays and Fridays*
At Bar Hill Church Octagon
9:45–11.15 am
*Term-time

Under 1s £1.50; Over 1s £2.50; Family £3.50.
Your first session free!

Can you help? We are looking for kitchen volunteers to give an hour of time during our sessions to help prepare snacks and drinks. If you are interested please contact: helen.j.bishop@gmail.com

— Bar Hill Church —

Services during December 2017

Sunday 3 December	10.00 am	Cafe Church for Advent
Sunday 10 December	10.00 am	Holy Communion (Anglican)
Wednesday 13 December	10.00 am	Mid-Week Communion
Thursday 14 December	2.30 pm	Carol followed by mince pies
Sunday 17 December	10.00 am	Gift and Crib Service (All-together)
	6.30 pm	Carols by Candlelight (Village Carol Service)

(no Messy Church in December, nor Re:boot)

Sunday 24 December	10.00 am	Morning Worship
	4.00 pm	Christingle Service
	11.30 pm	Midnight Communion
Monday 25 December	10.00 am	Family Worship on Christmas Day
Sunday 31 December	10.00 am	Morning Worship

Services during January 2018

Sunday 7 January	10.00 am	Methodist Covenant Service with Communion
	6.30 pm	Informal Worship
Wednesday 10 January	10.00 am	Mid-week Communion
Sunday 14 January	10.00 am	All-together Worship
unday 21 January	10.00 am	Holy Communion (Baptist)
Sunday 28 January	8.00 am	Holy Communion
	10.00 am	Morning Worship
	6.30 pm	Service of Remembrance (For all whom we have loved)

Social Calendar for December and January

Olive Tree Coffee Morning Saturday 16 December & Saturday 20 January: 10.30 -11.30 am in the Octagon (Meetings Room)

Knit & Natter* every Thursday 1.15 - 3.00 pm in the Octagon (Contact Sue 01954 780260)

Coffee Stop* every Wednesday 10 am - noon in the Library (Contact Sue 01954 780260)

Art Group* every Wednesday 1.30 - 4.00 pm in the Church (Contact Jan 01954 201495)

Bring Your Own Craft Group next session in February (Contact Karen 01954 781085)

Home Groups To find out more, contact Elizabeth elizabeth.burns@barhillchurch.org.uk)

* please contact the co-ordinators of these activities to check timings over the Christmas period

Church Contacts

Church Office	Linda King	01954 206120 office@barhillchurch.org.uk
Minister	Rev. Charles Mather	01954 277119 charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	barhillchurch.org.uk	**Facebook** https://facebook.com/barhillchurch

— Bar Hill Church —

Carols

followed by mince pies

Thursday 14 December 2.30 pm

Gift and Crib Service

All Together Worship

Sunday 17 December 10 am

We warmly invite you to join us for our services during

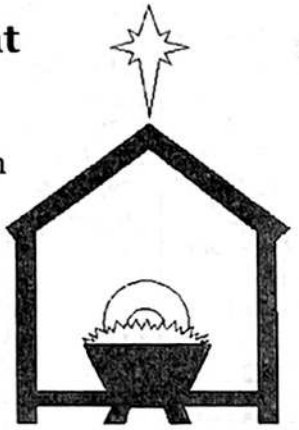
Advent and Christmas 2017

in Bar Hill Church

Carols by Candlelight

Village Carol Service

Sunday 17 December 6.30 pm



Christingle Service

For all the family

Sunday 24 December 4 pm

Midnight Communion

Sunday 24 December 11.30 pm

Christmas Day

Family Worship

Monday 25 December 10 am

— Catholic Church —

THE CATHOLIC CHURCH OF
OUR LADY AND THE ENGLISH MARTYRS

The Catholic Church serving Bar Hill
Hills Road, Cambridge

Parish Priest: Rt. Rev. Mgr Eugene Canon Harkness
Tel: 01223 350787

Local contact: Bunty Waters Tel: 01954 201421

Mon., Weds., Thurs., Friday 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and 6pm at The Octagon, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Home Visits

I am happy to bring communion to house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.

Contact Jean: 07841 397338, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

— GIRLGUIDING IN BAR HILL —

Run by an incredible team of adult volunteers, our groups support over 120 girls locally. All our meetings are packed with age appropriate activities for girls to participate in and try out, including badge challenges, crafts, games, outings, sleepovers, pack holidays, international trips and community work!

If you would like to join the fun, please e-mail: barhillguiding@icloud.com or you can register online: https://enquiryym.girlguiding.org.uk.

Sarah Rivers, Commissioner

— BAR HILL VILLAGE HALL —

- Conference Facilities;
- Seminars;
- Committee/Meeting Room;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales.
- Kitchen Facilities.
- Excellent Parking and Catering Facilities.

During the week we have the following groups and clubs:

Mon.	Helene Taylor-Todd School of Dance *(school term time only)*	4–6pm
Mon.	Craig Burns Bootcamp	6.15–7.15pm
Mon.	Martial Arts	7.30–9pm
Tues.	Shotokan Karate	6–8pm
Wed.	Helene Taylor-Todd School of Dance	4–6.45pm
Wed.	Danielle Fitness Classes Zumba & Pilates	7–9pm
Thur.	Pilates *(school term time only)*	10–11am
Thur.	Weightwatchers	7–7.50pm
Fri.	Baby Sensory	10.30–12.30pm
Fri.	Martial Arts	7.30–9pm
Sun.	Bingo *(doors open 7pm)* Cash prizes	7.30–9pm

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours (Monday to Friday); or e-mail barhill.villagehall@btconnect.com

— WILDLIFE TRUST —

Huntingdonshire Local Group

We are pleased to announce the following events:

Christmas Miscellany on Wednesday **13th December**. We will begin with a short talk by Oliver Burke, Director of Living Landscapes for the local Wildlife Trusts, who will give an overview of conservation successes during the past year, illustrated with recent wildlife sightings.

This will be followed by our traditional **Christmas wildlife quiz and raffle**, accompanied by mince pies and wine.

The Changing Seasons on Wednesday **10th January** 2018. Our speaker will be Tim Sparks, Professor of Environmental Change at Coventry University. His topic is Phenology – the study of seasonal changes in plants and animals.

Tim has a keen interest in phenology and will explain how it has developed from the initial findings of Robert Marsham in the 18th Century. Tim re-established the UK Phenology network in 1998 and tonight, he will illustrate some of the changes that occur with the seasons and discuss the impact on climate change.

Both of these talks will be held at **7.30pm** at Brampton Memorial Hall, Thrapston Road, Brampton, Huntingdon, PE28 4TB.

Anyone with an interest in wildlife is most welcome to attend. Booking is not necessary. Entrance charge £2.50 (accompanied children free). Please contact **Tim** on **01480 457795** for more information.

Part of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire. Registered Charity No: 1000412

— BAR HILL SPORTS & SOCIAL CLUB —

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

As of the 1st October children under the age of 12 will not be allowed in the club Sunday to Friday inclusive after 9pm as stated in the constitution.

Coming up…

December

9th Membership draw
15th Karaoke and cocktails
18th Monthly quiz with rock n roll bingo
22nd Christmas raffle draw night
24th Christmas eve disco
27th Charity darts competition
30th Membership draw
31st New Year's Eve disco with inflatable fun for the kids

January

13th Membership draw
27rd Membership draw
29th Monthly quiz with rock n roll bingo

February

3rd The Beatles Revolution, in the village hall, tickets £5 per person
10th Membership draw
17th Live Music
24th Membership draw
26th Monthly quiz with rock n roll bingo

Christmas opening hours:

Saturday 23rd: 12–midnight; Christmas Eve: 24th: 12–midnight; Christmas Day: 12–2pm; Boxing Day 26th: 12–11pm; Wednesday 27th: 12–11pm; Thursday 28th: 12–11pm; Friday 29th: 12–11pm; Saturday 30th: 12–midnight; Sunday 31st: 12–1am; Monday 1st: 12–11pm; Tuesday 2nd: normal opening resumed.

We also have a trip to Lille and Brugge Christmas markets 2018 – come and get an information pack.

Not a Member?

The new membership starts on the 1st December. Please ask the bar staff for a membership form.

For further information, visit our website: www.bhssc.org.uk or join us on Facebook at Bar Hill Sports & Social Club.

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Our surgeries will be closed on Christmas Day, Boxing Day and New Year's Day. Normal opening hours apply every other day.

Out of Hours Care – phone Urgent Care Cambridge on 111 if you require medical attention when surgery is closed. Please help our Emergency Services and only call 999 for a life threatening condition. Remember that A&E is for *life threatening* conditions or if you are likely to need an x-ray.

Repeat Prescriptions – the last date for ordering repeat prescriptions in time for Christmas is **Wednesday 20th December**, for collection by **Friday 22nd December** by **1pm** at Longstanton Surgery and **6:30pm** at Willingham Pharmacy. The last date for ordering repeat medication before New Year will be **Wednesday 27th December**, for collection by **29th of December**. Surgeries re-open as normal on Tuesday 2nd January.

Don't swallow up your NHS – use it wisely this winter – every time you visit your GP it costs the NHS £45* You can treat minor winter illnesses such as colds, coughs, sore throats, and upset stomachs easily at home with medicines you can buy at low cost from your local pharmacy. Be prepared and stock up on winter essentials today: • pain relief (paracetamol); • cough and sore throat remedies; • first aid kit; • upset stomach treatment; • rehydration treatment; • heartburn and indigestion treatment. Having these winter essentials at hand will not only save you time and help you to feel better quicker, but help save the NHS much needed resources.

**£45 is the average cost for GP consultation time, cost of medication, and dispensing fee.*

Carers Support Meetings – next meeting at Willingham Surgery: 6th December at 2pm. If you are a carer, please pop along and get some support. Refreshments provided, no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Cambridgeshire Hearing Clinics – next Hearing Aid Clinic at Willingham Surgery: 20th December. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Sharon Unwin, Practice Manager

Bar Hill School

Bar Hill Community Primary School
Bar Hill CB23 8DY
Tel: 01954 273305
Fax: 01954 273306
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Website: www.barhillschool.co.uk

Now that the construction work at the school is mainly contained within the school, we offer our thanks to Bar Hill residents that have put up with quite a bit of disruption to parking and traffic around the school. Over the summer we realised that the heating system under the school had been leaking, leaving it ineffective. Starting in August we undertook a 12 month plan to build a new system of heating around the school which has meant moving some classes to portable buildings, installing temporary heating and giving builders access to the school throughout the day, and most nights. We very much appreciate the patience of residents as we repair our 50 year old heating system.

We also value the views of members of the community with regards to academy conversion and making closer links with Swavesey Village College. On both issues we received very thoughtful and positive feedback. Governors will be meeting before the end of term to discuss the feedback from the consultation and further updates will be shared with the community in future issues of the Bar Hill News.

While heating and academy status are important issues for the school, more important are the results from the latest football tournament where Bar Hill School swept up, winning all four of our games: 8-0, 5-0, 4-0, 1-0. Three of our children were also picked by Peterborough FC to play for them and one also won the "strongest kick award". Congratulations, Bar Hill School children, for another excellent show of achievement!

Finally, we are very much reliant on members of the community to volunteer with us to read with children – if any member of the community would be willing to share time with the school, please contact office@barhill.cambs.sch.uk With significant funding cuts, we need the community to help us achieve the outstanding results we are used to in Bar Hill.

We wish all members of the Bar Hill community a very Merry Christmas and Happy New Year!

We currently have vacancies for cleaners and mid-day supervisors on both a permanent or casual basis.
If you would like more information and an application pack, please contact the school office 01954 273305 or e-mail: office@barhill.cambs.sch.uk.

Dr. Al Mistrano, Headteacher

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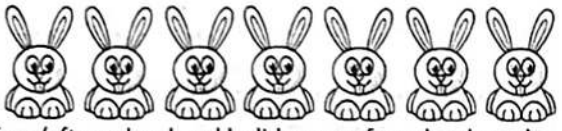
— BAR HILL CHILDMINDERS —

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children the opportunities of day trips and range of outdoor experiences and take part in local community events and groups without being confined to one place.

We offer flexibility in the hours that we work to suit you and your child's needs with village rates, rather than having set session times.

Your child will receive focused and individual attention and care as we progress them through the EYFS curriculum. Child led play as well as structured and personally thought out activities will encourage them to grow and learn at their own pace taking in to account each child's individual needs.



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We welcome you to join us and have an informal chat at either of our friendly and inviting 'Little Bunnies' sessions on Tuesday and Thursday mornings from 9.45–11.15am in the Octagon, term time only – (£1.50 for one child under one, £2.50 for one child over one and £3 for 2 or more children). Here we offer a wide range of sensory experiences, activities, stories, singing and more...

Our Childminders are as follows:

Jacky	07718 447998 – over 8's spaces
Melanie	01954 204496 – spaces
Terri	07846 018714 – spaces
Kirsten	07906 218070
Kirsty	07584 168909
Mandy	01954 204223
Carol	01954 780238 – spaces
Karen	07930 196319
Janine	07879 613731

At our Tuesday Sensory sessions the new year will see us exploring activities related to 'Winter' then into Spring with 'Growing':

9 Jan. Playing with shaving foam;
16 Jan. Trying to chip objects out of ice;
23 Jan. Exploring fake snow;
30 Jan. Snowy story time;
6 Feb. Valentines activities;
13 Feb. HALF TERM (no session)
20 Feb. Celebrating Chinese New Year using chop sticks with noodles and rice;
27 Feb. Planting cress;
6 Mar. Music and movement;
13 Mar. Mothering Sunday activities;
20 Mar. Planting and playing with compost and bulbs;
27 Mar. Easter activities.

CAMBRIDGE PINKS – BREAST CANCER NOW REGIONAL GROUP

On a rather damp but warm morning we headed off for a leisurely walk along the tow path from Milton Country Park to Cow Hollow Wood in Waterbeach.

The mist cleared leaving a glorious sunny day and we passed several families taking advantage of the good weather on the river, it felt more like a day in June rather than October.

A local award winning photographer captured our slightly weary approach to Cow Hollow Wood, where we stopped to enjoy well-earned tea and brownies. We managed to recruit a couple of new members, two very lively puppies, who were more interested in the picnic than the fund raising!

Feeling fully revived we headed back along the river to Milton Country Park, what a perfect way to spend a Sunday afternoon. And with a total raised of £126 for Breast Cancer Now, a very rewarding day.

If you like what you've read, then we have some good news for you, Cambridge Pinks are going to do the same walk again in 2018. So keep your eye on the press coverage or drop us an email for a registration form and more information: jo@hartmcleod.co.uk or avril.williams1@btinternet.com

Avril Williams

Cambridge Pinks – Breast Cancer Now Volunteer Group

We believe that, by 2050,breast cancer will have taken its last life – but only if we all act now.

Breast Cancer Now is the UK's largest breast cancer charity, created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.

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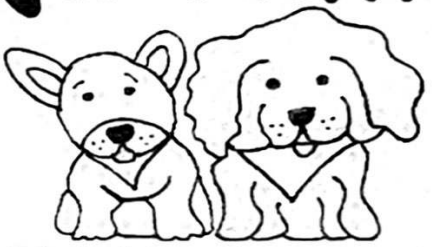

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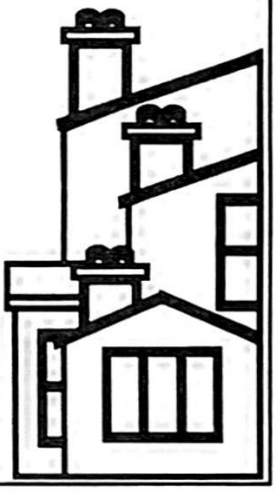

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— COUNCILLOR NOTES —

We wish all residents every happiness at Christmas and a peaceful New Year 2018

New treatment at a Doctor's surgery to tackle loneliness – a doctor's surgery may soon be prescribing a new type of treatment after it was revealed that up to 4,000 people in South Cambridgeshire could be suffering from loneliness. Under plans published today, South Cambridgeshire District Council is proposing a pilot project so a non-medical professional can be available at a doctor's surgery in the area to give support to people returning for regular appointments as they want someone to talk to. A Council task and finish group explored the problem earlier this year with GPs and medical practitioners reporting to councillors that there is a need to tackle the growing problem.

The scheme would give the GPs a non-medical referral option so the right type of support can be given to help people who feel isolated to access other services and local groups where people get together and socialise. The national Campaign to End Loneliness estimates that between 1,700 and 3,840 people over 65 years old in South Cambridgeshire are lonely. The new initiative will cost £17,500 per year to base a non-medical member of staff at the GP surgery. The new post would provide the best support for people who are isolated as well as help free up appointments with doctors for people who need medical help.

New hotel alongside Cambridge North station – plans for a new hotel near Cambridge North Station were approved on 15th November.

The four-star hotel will include 217 bedrooms, a lobby bar and restaurant, gym, swimming pool and conference centre. There will be space allocated on the ground floor for shops. A 20-space car park is included in the plans, along with 108 nearby cycle parking spaces. There will be two wings to the hotel; a five-storey southern wing and seven-storey northern wing. As well as being alongside a main-line railway station, the new hotel will benefit from an immediate link to the Guided Busway, bus stops and cycle routes connecting to other parts of South Cambridgeshire and beyond.

Council ensures fly-tipped waste is rapidly removed from beauty spot – council staff ensured a full skip's worth of fly-tipped waste, that was dumped in the grounds of a National Trust property, was quickly cleared.

Plans for new Cambridge City FC Stadium at Sawston approved – councillors have thrown their weight behind Cambridge City FC's plans for a new stadium at Sawston, saying it would create fantastic new facilities for the community.

Our contact details if we can help in any way:
Bunty Waters: T: 01954 201421; 07734 690580;
E: bunty.waters@ntlworld.com;
Roger Hall: T: 01954 780304; E: roger.hall90@ntlworld.com.

— HEIDI ALLEN MP —

The Department for Transport has launched a consultation on accessibility issues for disabled people using public transport. I have been working with local and national groups to bring about improvements for disabled people. South Cambs District Council has launched a consultation on taxi licensing which aims to provide more stringent standards. The Council is proposing to introduce a policy requiring all hackney carriages to be wheelchair accessible vehicles. This important consultation closes on 5th January 2018. You can find details here www.scambs.gov.uk/consultations

Parliament returned in October and since then, my main campaign has focused on improving the Universal Credit benefit system. I raised this issue during Prime Minister's Questions on the 11th October and the Prime Minister kindly agreed to meet with me to discuss this in more detail. There will be a further debate in the House ahead of the budget and I am optimistic the Government is listening and will reduce the 6 week delay claimants currently experience before receiving their first payment.

Another important part of my job is to support local enterprise in their efforts to grow and contribute to our local economy. So I was pleased to be able to open the new John Henry Group operations centre in Longstanton. This family business company has gone from strength to strength and I was delighted to be able to cut the ribbon and declare their new centre open!

My next surgery will be on Saturday 16th December from 10am–12pm at Gamlingay Village College, Station Road, Gamlingay SG19 3HD. These are drop-in surgeries with no appointment necessary. Details of all the upcoming surgeries can be found on my website at www.heidisouthcambs.co.uk/residents-drop-surgeries. You'll also find further information about my work and news stories there.

To contact me, email heidi.allen.mp@parliament.uk. You can also phone my Westminster Office on 020 7219 5091 about national issues or my constituency office on 01223 830037 to raise local concerns.

HAPPY CHRISTMAS EVERYONE!

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Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family. Lessons are held at Bar Hill School on Mondays. **Junior class** *(beginners' class from 4 years old)* is from 5–6pm; **Junior and Adult class** 6–7.30pm. **Sparring Classes** are held on **Sundays** from 10–11.30am. **Free taster sessions**. Family discount.

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— VILLAGE HALL —

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Bar Hill Preschool is open 9am–3pm Monday to Friday, term time for children aged 2–5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our keyperson and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines eg children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on **01954 782892** to book an informal visit or for an application form.

— DRY DRAYTON VILLAGE HALL —

Yoga Flow Class: Tuesday, 6.30 to 7.30pm.
5th, 12th and 19th December 2017 (£20 or £8 drop in).
NEW: Yoga Flow Class: Thursday, 5.45pm to 7.15pm.
11th, 18th and 25th January 2018 (£24 or £9 drop in).
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Gentle Yoga: Monday, 9.15 to 10am-ish.
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— COUNTY COUNCILLOR'S REPORT —

The most frequent complaints I have received from residents this month have been about the local bus services. I have been in touch with the CEO of Stagecoach who has said that roadworks are a major contributor to the deterioration in this service and I accept that these must have some effect. Residents though are not convinced by this and I am continuing to work on finding the causes and addressing them.

The work on the final stage of the Huntingdon Road cycleway is due to finish in mid-November and the single lane restriction at junction 14 of the M11 is due to be lifted around the same date. Once these two major contributors are out of the picture, I will be able to discuss what other reasons there are for this.

Having a free NHS Health Check has proved to be a wakeup call for some residents, influencing them to improve their health through simple lifestyle changes. The checks are designed to spot early signs of stroke, kidney disease, type 2 diabetes or dementia and give people the opportunity to take steps at an early point to help lower their risk of developing such conditions. Often just changing to a healthier diet and doing a bit more exercise is all that's needed. Anyone aged between 40 and 74 can book a free check with their local GP service. Funded by the County Council through its Public Health budget the 20-30 minute session provides checks on blood pressure, weight, cholesterol and the lifestyle factors that influence your health. For more information go to https://www.cambridgeshire.gov.uk/residents/be-well/health-improvement/

It's the time of year when Cambridgeshire County Council starts its budget setting process again. In the last 6 years it has made £215 million of savings whilst striving still to provide good quality services. Over the next five years the Council faces a further £100m pressure on its budgets. The historic underfunding of large rural counties like Cambridgeshire cannot continue and the Council is now working with the county's MPs and its own network of similarly-affected councils to campaign for fairer funding.

Please do contact me about any concerns or questions you have. If you would like to receive a copy of the full report that I write for the division's parish councils each month, please email me and I will add you to its circulation. Meanwhile my best wishes to you all for the forthcoming festive season.

Lynda

lyndaharford@icloud.com; **01954 251775/ 07889 131022**; Follow me on Twitter: @2whit2whoo.

— STORYTIME AT BAR HILL LIBRARY —

Stories and pictures, rhymes, songs and craft activities, from 10.30am at Bar Hill Library, on the following Saturdays: 9th December 2017; 13th and 27th January 2018.

This event is for children of pre-school age – and their older brothers and sisters – who are supervised by an adult. Storytime introduces children to their local library, helping them to find out all that is to be gained from learning to read. Do come along to try it.

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— NOVEMBER BULLETIN —
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It's the time of year when we're enjoying a tipple with friends, cooking up festive feasts for the family and entertaining loved ones. With all the fun to be had it is easy to be distracted when cooking in the kitchen.

50% of all fires in the home start in the kitchen and more than half of those are as a result of distraction whilst cooking.

We want to help ensure your festive cheer doesn't go up in smoke this Christmas by sharing tips for safe cooking over the festive season:

- Never leave cooking unattended.
- Do not cook when tired.
- Do not cook when under the influence of alcohol, drugs or medication that makes you drowsy.
- Regularly clean the grill pan and oven. Built up fat can easily catch fire.
- Never leave anything cooking if you leave the house.
- Do not leave anything flammable on or near the hob – tea towels, oven gloves and even washing baskets can catch fire.
- Take care when using microwaves. Fires can start when people put food in too long. Always read the instructions on the packet – never guess the time needed.
- Oven chips or temperature control deep fat fryers are safer than using a chip pan. If you do use a chip pan, do not fill it more than one third with fat and turn the heat down if the oil starts smoking.
- Fire can break out in household appliances so you should regularly maintain dishwashers, washing machines and driers and never leave them on if you go out or when you go to bed.
- Have a working smoke alarm on each floor of your home. If it keeps going off when you are cooking it is probably in the wrong location or you may have the wrong type of smoke alarm.
- Never take the batteries out of your smoke alarm.

If you do have a fire in the house, get out, stay out and dial 999.

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— SCAM OF THE MONTH —

Modelling Jobs Advance Fee fraud alert

Action Fraud has recently noticed an increase in Fraudsters setting up fake adverts on social media and job browsing websites to deceive people into believing they are recruiting prospective models, both children and adults.

Once someone shows an interest, the fraudsters contact potential victims with false promises of a modelling career. Victims are then persuaded to pay upfront fees for things like a photo shoot, portfolio or contract. But at some stage the fraudster will vanish, leaving disappointed and out of pocket victims.

In August alone, Action Fraud received reports giving a total loss of over £71,000.

WHATEVER offer you respond to:

- Carry out your own research before paying any type of advance or upfront fee. *If it looks very good, it might be too good to be true.*
- Find out how genuine schemes work. *e.g. in modelling, many legitimate agencies cover the cost of a portfolio.*
- Don't give your bank account details or sensitive information to anyone without carrying out your own research on the relevant agency.

If you have been affected by this, or any other type of fraud, report it to Action Fraud www.actionfraud.police.uk or 0300 123 2040. *There is nothing to be ashamed about, the more information they have the more they can do to protect us all.*

— POLICE NOTICE —

POLICE are urging residents to check their home security as the evenings draw in. With more homes empty after sunset, officers are concerned the number of burglaries could rise. However, an increase in crimes over the darker months can be avoided if homeowners take a few simple steps.

In the six months from November last year to April this year (inclusive), 1,238 homes were burgled in the county. During the previous six months (May-October 2016) 1,051 homes were burgled, meaning offences rose by 17.8 per cent over the autumn/winter months.

Police offer the following advice:

- Install good lighting, for example exterior lights with dawn -to-dusk sensors and an alarm.
- Use timer switches. These can be linked to lighting or even a radio giving the impression that someone is at home and can be switched on through mobile phone applications.
- Close your blinds or curtains at night, preventing people from looking into your home. If your children are home first from school encourage them to close curtains and blinds first.
- Keep windows and doors secure, and lock side gates, even if you are at home.
- Do not leave spare keys hidden outside – a burglar will always look for these first.
- Mark your valuables – with your post code and house number – or garden and shed equipment with a spare can of paint or even nail varnish.
- Do not leave car keys near the front door or anywhere easy to find.

For more burglary prevention advice, visit our website https://www.cambs.police.uk/information-and-services/Burglary.aspx

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— FRIENDS OF THE ROSIE —

We hope all our customers are looking forward to Christmas.

The Friends of the Rosie Hospital are, and we have lots of stalls raising money to help make the Rosie a more comfortable environment for mothers and babies. For up-to-the minute information follow Rosie in Stitches Facebook page.

Rosie in Stitches would like to thank customers at our recent stalls, our income for 2017 is already at £760. See below for where you can shop with us again.

Upcoming Stall dates this autumn

Tea Bar, Rosie Hospital Outpatient Clinic Monday to Friday 9am to 4pm;

Bar Hill Community Market Saturday 2nd December 10.30am to 2pm – Selling gifts for all ages;

Christmas Market, Cambourne Marketing Suite Wednesday 13th December 12noon to 2pm – Selling hand knitted toys;

St Martins, Exning Sunday 17th December – Christmas Tree Festival.

New members are always welcome, whether to contribute financially, to join our team of knitters, to organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support.

— BE WINTER READY —

UK Power Networks is working with the other Electricity Distribution Networks and our trade body, Energy Networks Association, on a new national campaign called **Be Winter Ready**, which aims to encourage people to prepare in case they experience a power cut or gas emergency this winter.

Background

Since 1990, network companies have invested £80bn in improving the reliability of local energy networks in the UK. As a result, on average, electricity customers have a power cut just once every two years and gas distribution customers will have their gas supply interrupted without advance notice just once every 40 years.

Whilst the UK's gas and electricity supply is very reliable, bad winter weather can cause damage and disruption.

Steps you can take to 'Be Winter Ready':

- **Know your free emergency numbers**: In a power cut dial 105 or, for a gas emergency, dial 0800 111999.
- **Prepare your home**: Keep a torch handy and get your appliances serviced by a Gas Safe registered engineer to prevent carbon monoxide poisoning.
- **Register as a vulnerable customer**: Vulnerable households can get extra support by signing up to the Priority Services Register. Go to www.ukpowernetworks.co.uk/internet/en/power-cuts/priority-services-during-a-power-cut/ to find out more about the Priority Services Register in London, the South and East of England or to sign up.
- **Keep your eyes open**: Keep an eye on the weather forecast and, if you have a power cut or a gas emergency, check on your neighbours.

— JOBS & HOMES – LOCAL PLAN —

Plans for 44,000 new jobs and 33,500 new homes in Cambridge and South Cambridgeshire have moved a step forward after Government inspectors did not raise any objections to the strategy of focussing growth in new towns and a new village. Inspectors reviewing the two Local Plans completed hearings in July, and South Cambridgeshire District Council and Cambridge City Council have now published correspondence with Government inspectors up to this point to update local people on the stage the plans have reached. The documents cover some of the changes the inspectors have suggested they believe may be needed for the two Plans to be agreed and signed off, and have asked the Councils to draft the modifications needed. A complete final list from the inspectors is expected in the next few weeks.

Councillors have said they plan to launch a public consultation as soon as they have the final information from the inspectors and will give extra time for people to have their say to allow for Christmas. The Local Plans submitted to Government focussed growth for the Greater Cambridge area in a new town north of Waterbeach, a new village at Bourn Airfield, and an extension to Cambourne. Around 300 homes are also proposed for Worts Causeway on the edge of Cambridge. The independent inspectors reviewing the plans to make sure they are 'sound' have not objected to this overall approach. The main modifications the inspectors have raised so far include:

- Information about suitable land that is readily available in the next 5 years to meet the number of homes that need to be built.
- Changing policies so affordable housing is sought on sites of more than 10 homes. The Government intends this to encourage more smaller housing developments.
- Modest changes to site boundaries and policies at the new town north of Waterbeach and new village at Bourn Airfield.
- Allocation of additional employment land at the Addenbrooke's Campus.

The plans are in addition to the current extensions being built or planned for on the edge of Cambridge and at the new town of Northstowe. These will be carried forward into the new Local Plans.

The correspondence with the inspectors can be found by visiting www.scambs.gov.uk/local-plan-examination

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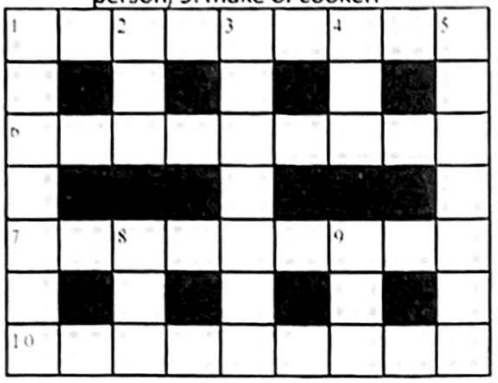
— DECEMBER CROSSWORD —

Across: 1. comes after advent, 6. worn in bed, 7 light diffuser, 10. we hope for these in Summer (5,4).

Down: 1. Xmas tree lights, 2. found in front of the fire, 3. provide enough, 4. cattle do this, 5. Carol —, 8. male person, 9. make of cooker.



November's Solution

Across: 1. mistrusts, 6. metaphore, 7. amphibian, 10. shoveller.

Down: 1. mammals, 2. set, 3. reptile, 4. Sao, 5. sterner, 8. poo, 9. ill.

— BIN COLLECTION —

30th Nov.	black
7th Dec.	**blue** only
14th Dec.	black
21st Dec.	green and blue
Saturday 30th Dec.	black
Saturday 6th Jan.	**blue** only
Friday 12th Jan.	black
18th Jan.	green and blue
25th Jan.	black

— THE ALLOTMENT SOCIETY —

Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on **07788 590348**.

All other allotment matters should be addressed to: barhillallotment@gmail.com.

— USEFUL TELEPHONE NUMBERS —

Out of Hours Medical Emergencies		111
Police Non-Emergency		101
Allotment Society	*Rob Lawrence*	07788 590348
Bar Hill Church	*Minister: Charles Mather*	01954 277119
	Church office	01954 206120
Bar Hill School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	*Paul Stimpson*	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service Helpline		0800 917 9994
Coffee Stop, Knit & Natter, Holiday@Home	*Sue Kenchington*	01954 780260
Community Market	*Karen Austen*	01954 781085
Conservative Party	*Iris Lay*	01954 205265
County Councillor	*Lynda Harford*	01954 251775
		07889 131022
Councillor, Parish Council, Residents' Association, Bar Hill News Advertising	*Bunty Waters*	01954 201421 07734 690580
Councillor, Parish Council, Residents' Association	*Roger Hall*	01954 780304
Happy Hours	*Anne Plumb*	01954 780364
Health Walks	*Josephine Powell*	07901 558108
	Patricia Daniels	07917 874402
Heidi Allen MP	*Office*	01223 830037
	Office address: 82A High Street, Sawston CB22 3HJ	
Liberal Democrat Party	*Andy Pellew*	07814 871752
Library – renewals & enquiries		0345 0455225
GP Surgeries	*Maple*	01954 780442
	Over	01954 231550
	Over Pharmacy	01954 233457
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Neighbourhood Watch	*Pam Vendy*	01954 201001
Over Day Centre	*Hayley Smith, Manager*	01954 231807
Parish Council Office	*Sue Bell, Parish Clerk*	01954 780456
Post Office		01954 789285
Pre-School		01954 782892
Royal British Legion, Health & Wellbeing at Tesco	*Wendy Arrowsmith*	01954 781381
Samaritans		01223 364455
Swavesey Village College		01954 230366

— DECEMBER PUZZLE —

Form nine, nine letter Christmas words, in groups of three letters. In alphabetical order.

A	C	E	E	P	L	M	U	N
A	I	N	E	R	E	N	C	E
A	T	E	E	R	T	N	G	S
B	L	E	F	I	R	N	G	S
C	E	L	G	A	T	N	G	S
C	K	I	H	E	R	R	E	V
C	O	M	I	N	G	S	T	O
E	B	R	I	T	Y	S	S	I
E	N	T	M	M	I	T	R	I

L				I	N			
E			B			T		
O			U			T		
N						I		
I						C		
A					I			
E				E				
T			K					
R			M	I	N	G		

Solution for November: Alphonsin, Atmometer, Baryscope, Coelostat, Heliostat, Megascope, Retractor, Telescope, Voltmeter.

SEWING SERVICE

If you have a sewing job you don't fancy doing, call Lyn on 01954 201113.

RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings.

They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meeting: 7th November.

— EVENTS CALENDAR —

date	*event*	*where*	*time*
30 November	NWR—history and future of Public Transport *(page 3)*		8pm
2 December	Community Market *(page 3)*	Octagon	10.30am–2pm
2 December	Rosie at Community Market *(page 26)*	Octagon	10.30am–2pm
2 December	Live Music *(page 8)*	BHSSC	
4 December	Happy Hours—Christmas sing-along *(page 3)*	Octagon	11am–3pm
7 December	8 O'clock Club Christmas Meal—members only *(page 3)*	School	8pm
9 December	Storytime *(page 22)*	Library	10.30am
11 December	Happy Hours – Christmas Meal *(page 3)*	Octagon	8pm
12 December	Health & Wellbeing Club *(page 3)*	Tesco Community room	2–4pm
13 December	Talk—Christmas Miscellany *(page 8)*	PE28 4TB	7.30pm
14 December	NWR—Christmas Time *(page 3)*		8pm
15 December	Karaoke & Cocktails *(page 8)*	BHSSC	
18 December	Monthly Quiz *(page 8)*	BHSSC	
22 December	Christmas Raffle Draw *(page 8)*	BHSSC	
24 December	Christmas Eve Disco *(page 8)*	BHSSC	
27 December	Charity Darts competition *(page 8)*	BHSSC	
31 December	New Year's Eve Disco *(page 8)*	BHSSC	
4 January	NWR—Animal, Vegetable or Mineral *(page 3)*		8pm
9 January	Health & Wellbeing Club *(page 3)*	Tesco Community room	2–4pm
10 January	Talk—The Changing Seasons *(page 8)*	PE28 4TB	7.30pm
13 January	Storytime *(page 22)*	Library	10.30am
18 January	NWR—Brazil *(page 3)*		8pm
27 January	Storytime *(page 22)*	Library	10.30am
27 January	PTA—Pop Quiz *(page 1)*	School	7.15pm
29 January	Monthly Quiz *(page 8)*	BHSSC	
1 February	NWR—Museums & Galleries *(page 3)*		8pm
3 February	The Beatles Revolution *(page 8)*	Village Hall	
17 February	Live Music *(page 8)*	BHSSC	
24 February	HCB—Concert *(page 30)*	Church	
26 February	Monthly quiz *(page 8)*	BHSSC	

HCB's Got Talent!

A very welcome return of the **Huntingdonshire Concert Band at Bar Hill Church** on
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Sue: **01954 780260** and Malcolm: **01954 488657**
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It is a chance to have a game with a friendly group.
We don't play in any leagues so even if you have never played before, don't be put off.
Why not come along and join us any Friday evening with your first session being free—we look forward to welcoming you.
If you require more details please contact Barbara on **01954 204171.**